

BRIDGES

WEDNESDAY, DECEMBER 4, 2013

INNOVATION:

Saskatoon entrepreneur's oatmeal made with love **P. 14**

READ MY BOOK:

Angela Franks's brain tumour experience in *Cranium Crisis* **P. 23**

SHARP EATS:

Gold medal chefs turn food into art at nationwide event **P. 24**

A STARPHOENIX COMMUNITY NEWSPAPER

SASKATOON'S SWEETHEART

HEATHER MORRISON USES
HER LOVE FOR THE ARTS
AND FOR LAUGHTER
TO MAKE A DIFFERENCE **P. 6**



FREE

INVENTORY

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MUSEO COFFEE

Museo has partnered a lot of firsts in Saskatoon like being the first pour-over coffee bar and the first to use French press as its main brewing method. Museo was also the first cafe in Saskatoon to have a La Marzocco GB5 espresso machine.

Manager Jeremy Onychuk works with San Francisco-based Tim Dunn to source the beans. Dunn's visits the farms, specific smallholder estates and co-ops. Beans are purchased for 60 to 80¢ per cent (or higher) than the current fair trade price. Onychuk then creates custom blends by roasting the beans in Saskatoon. There are three to choose from: Espresso, Kinyan and Othopan.

Try it at the Meadel Art Gallery and at 193A Broadway Ave.

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3. ETHIOPAN BEDELE GOLA: \$18/300g

BRIDGES PHOTO BY MICHELLE BERG





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ON THE COVER PG. 6



Community involvement is a true joy for local radio personality and actress Heather Morrison. BRIDGES PHOTO BY MICHELLE BERG

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Albert Couture is the stage decorator for the Pitoule Sisters at TCU Place, his favourite place in Saskatoon. BRIDGES PHOTO BY MICHELLE BERG

BRIDGES COVER PHOTO BY MICHELLE BERG

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IN THE CITY

DECEMBER 1, 2013 - 2:07 P.M.

Songs of the season



Kids of Note with the Tainhagen Commission choir for kids who love to sing performed their sixth annual Christmas concert at Governor Park United Church. Kids of Note, directed by Gordon Bauer with pianist Ken Hertz, is a non-unionized integrated choir for children and youth with and without disabilities. There are 25 members, ages 7 to 18, and up to 100 who all love to sing. The vocalists, directed by Diane Phillips with pianist Sheri Gabel, is a small ensemble of youth and young adult singers, some of whom are former Kids of Note members. **PHOTO BY KATHLEEN KYLE**

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Performing on the big stage

By Angelina Irtinich

Finnish Singer's stage director Albert Gustafson has been staging with the group for just over 20 years. He sings in the bass section, does set design and has been the stage director for the last eight years. Right now the group is preparing for its annual Christmas concert held at TCU Place. It's Gustafson's favourite place in the city and whether it's performing or rehearsing, his favourite moments come from spending time at the downtown auditorium.

Q: When did Finnish Singer start performing at TCU Place?

A: About seven or eight years ago we needed a larger venue to perform our concerts. The largest venue in Saskatoon for our kind of concert was TCU Place, so we came down here and started performing our Christmas shows. It's just an amazing feeling to be singing and performing in Saskatoon's premier auditorium. The people here are phenomenal to work with — they are so friendly and helpful. It was a big jump for us because we had normally performed just in churches and to come here to the big stage was outstanding.

Q: What was it like directing an actual stage then moving to the size of TCU?

A: It kind of blew my mind a little bit (laughs). It was a little bit intimidating just knowing that there was so much more space for everybody, but in some ways it was a bit of a relief. We had more space, we had an orchestra pit for our orchestra and had people backstage from here who could help us along the way. They were fantastic and took care of cues and lights and sound and every thing. It was a relief knowing that professionals were handling every thing for us and all I had to worry about was where people were going to stand.

Q: How does a bigger venue bring more



Albert Gustafson, the Finnish Singer's stage director at his favourite place in Saskatoon: TCU Place. *BRIDGES PHOTO BY CATHY WELCHER*

the show?

A: There's a real energy rush when you're performing in a place like this. You know that is the genuine enthusiasm in Saskatoon, so you get a sense of real accomplishment and that it passed on through everybody in the cast — like in Le Misérables — everybody from Jean Val Jean to the smallest child that we have in

our cast. We had done Le Misérables four times and we were worried we wouldn't have the energy that we had before. When we got there everybody was up in their coats from where they were, and then some.

Q: What was it like the first time you performed on this stage?

A: It was really intimidating.

We were all pretty nervous — we brought some props in and thought, 'Are they big enough? Are they going to look silly on a big stage?'

Q: Do you have a memory or moment that stands out for you while performing at TCU Place?

A: The first year when we performed here we were doing a song on the

chairs, which are on a wooden box. As we were doing the song we were kind of dancing and one of the guys got a little excited and poked up really hard and ended up getting his foot through the box and broke the chairs. He was right into it that we all kept going on and he pulled his foot out. I'll never forget that moment.

ON THE COVER

I would almost say that I enjoy being out in the community possibly even more than being on air. —Heather Morrison

#HEATHER MORRISON

Making a difference through the arts



Heather Morrison hosts Magic 95.3's Afternoon Drive show. Through a variety of humorous anecdotes and heart-tips, she strives to make her show both fun and informative. **ARND BRONKHORST/STATION 103.5**

By Jenn Sharp

The winter of 2013 is not a long one. After six months of cold, Seabeans needed sun. And then there it was—in the form of Heather Morrison.

The local radio personality and actress had a bright idea. She declared a "spring day" and she and Greggor from Magic 95.3 donned bathing suits and rubber boots. Carrying umbrellas, they ran up Spidonia Crescent, recording their antics for a radio hit. Some people just carry the weather

wherever they go.

Morrison's secret seems to be the energy she gets from the people around her. The easy relationships and interactions that keep her going.

From listening to her Afternoon Drive show on Magic 95.3, to watching her perform in local theatre at MC events, it's easy to feel like you know her on a personal level.

Morrison, 35, has a lust for life that's contagious. In fact, Greggor likes to exaggerate, a refrain of advising fans follow her to work. Maybe

he's a bit jealous. But he does agree with Morrison on many levels.

"We really hit it off," he laughs, "have the same sense of humour which will probably scare her to hear me say!"

THE WOMAN BEHIND THE VOICE

However, it takes her a little while to warm up to Greggor's banter on the morning.

Greggor is at the station at 6:30 a.m. Heather calls in at 10.

"I know enough now not to say

anything in Heather until she gets a coffee or two. When she first comes in, I'm already at least nine. She's at ten. And I'm like 'Hey!' Come along, ready to go. She'll give a look and you just know you better ease it down and back a bit!"

Morrison never planned on a radio career (she has a BFA from the University of Saskatchewan in theatre). After Saskatchewan Group's Vic Busby saw her MC ageing night at Shakespeare on the Saskatchewan, he offered her a job, which she ac-

tually turned down. She changed her mind a few weeks later.

He thought she had natural talent and wasn't concerned about her lack of formal broadcast training (she's hosted *Mean, I'm a Thorpean* on CFDR for several years).

"You have to have (and) ignore the gift of the gab and the desire. She had all of these things," he says.

Hiring her was a good decision. Just her performance on air and her community involvement impress Busby.

You have to have intelligence, the gift of the gab and the desire. She had all of those things.

— Vic Dubois



Heather Morrison in the living room of her downtown apartment. (PHOTO BY MICHELLE ROSS)

"She's so ready, willing and able to do what ever we ask her to do. She's a learner. She's got a great attitude."

Her passion for the arts helps too.

"It's good to have somebody on staff, as an on-person in particular, who's into that area and who really understands it and knows it."

After a short tour, she's working behind the Alterra Drive. Morrison hopes to work the Afternoon Drive. It turns out radio isn't perfect fit.

"I really like it because it's a very exciting, quick way to motivate people. I really like the opportunity to make people laugh during the day and to make people feel good," she says.

However, Morrison's true joy comes from a different place.

"I would almost say that I enjoy being out on the community possibly even more than being

on air. That's when you really get to interact with people, volunteer with charities and really be a part of Saskatoon."

At just 36, that engagement has already earned her recognition. She was nominated for a 2013 TWCA Woman of Distinction Award. In addition to her production company, Knew Theatre, she's on the board for the Broadway Theatre (Morrison is the liaison behind the widely popular Big Shiny Toy Guns fundraiser for the theatre).

"The community really needs people like her. She's involved in so many things," says Grogan.

One of those things is a theatre project with Joel Berube. Morrison helped him start Knew Theatre, which provides his performance fee of charge.

Continued on Page 8

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The community really needs people like her; she's involved in so many things.

— Grugger

Over 1,000 people attended their Theatre in the Park production of *Alles in Wonderland* this summer. The innovative concept garnered them the Junior's Award for Innovation at the Saskatoon and Area Theatre Awards (She was also nominated for her performance in *Confetti*).

While the recognition is all ways nice, for Morrison it's not about the awards.

"I love the idea of bringing theatre to people who haven't seen it before, but especially for children and giving them the opportunity to see it without the

financial or social barriers," she says.

"That's what we're really about: building community as well as entertaining people and having some laughs."

Bernikow, who says she's a "joy to work with" points to the numerous causes she supports in Saskatoon as evidence of her commitment to the community.

"She's in it for the right reasons. Heather's not the type of person who's in it for Heather. She's in it because she believes in things that make our city a better place."



"I love the idea of bringing theatre to people who haven't seen it before," says Heather Morrison. (COURTESY PHOTO BY MICHELLE PERRE)

A FEW OF HEATHER MORRISON'S FAVOURITE THINGS:

RECORD PLAYER AND RECORD COLLECTION

A birthday gift from her boyfriend, he also gave her several albums meaningful to the pair. When her parents moved to Oshawa recently, she inherited their record collection, which includes Michael Jackson's *Thriller* and numerous children's albums.

"I really like (that)... it makes me feel like they really cared about us when we were kids."



YOGA MAT

She began practicing yoga steadily two years ago. It's now a vital part of her life.

"It reduces anxiety, helps me be more mindful and helps me be more OK with myself. There's just a lot of peace in yoga."



PHONE

It's her connection to her family, who all live in Ontario, her best friend in Vancouver and her musician boyfriend in Toronto.

"All of my relationships are through my phone — texting and pictures and videos and calls."

The real exciting thing is not what she's done but what lies ahead. It's pretty amazing to see a young woman of this caliber coming out of our city. — Joel Bernstein

LOOKING AHEAD

For the woman who believes "laughter is the best medicine," Morrison's goals include a master's degree in drama therapy and an career path where she can teach using drama. She loves psychology (her dad was a counselor with the Saskatoon Community Clinic for 30 years), she's taking a course in child development.

"Drama has the power to heal. When I teach, I teach to heal. But I would like more skills to be able to do that well."

Through her volunteer work, she does just that. She at Camp Firefly (a volunteer-based, summer leadership retreat for sexual minority gender variant and effed youth.)

"That was an interesting experience. I don't think I've ever laughed so hard. It gave me the opportunity to see drama to make people feel OK about themselves and really share."

Morrison is setting up a program to teach drama to inner city children through Care & Share Saskatoon. In the

past, she's worked with the Saskatchewan Native Theatre Company and the Persephone School of Theatre. She's taught drama to children and adults. Genger even took some of her improv classes before they knew each other.

For Bernstein and others who have watched this self-described terror of Bernstein quickly blossom, Morrison's future is bright.

"The real exciting thing is not what she's done but what lies ahead," says Bernstein. "It's pretty amazing to see a young woman of this caliber coming out of our city. Let's hope we can keep her here."

"I couldn't imagine our community without Heather," Genger affirms.

And neither can we. Berdies and Star Phoenix photographers have captured many images of Morrison over the years. On the following page is a retrospective look at a few of Berdies's favorite Morrison shots, with an up-to-date snapshot from the newest harvest.



Heather Morrison never planned on a career in video, but she is a natural on-camera. PHOTO BY MICHELLE RYAN

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New Direction Award 2013

That's the thing with acting — you do these things to look right on stage but then you have to exist outside of that!

— Morrison

A glimpse into Heather Morrison



2006 — ELIZABETH REX

"That was a huge show for me, a turning point in my acting career. I did that when I was in my third year of university. I played Queen Elizabeth I. I was very honoured to be asked to do that part. I was 20 years old playing a 63-year-old woman. I was working with my favourite (professor), John Jensen, and she's still one of the women I look up to the most."

FILE PHOTO

2006 — Greystone Theatre production of "[sic]"

"You see my hair right here? There's a part where she takes off the wig in Elizabeth Rex and she's supposed to look bald because she's got lead poisoning. So they cut my hair super short and thinned it out. I looked horrible. That's the thing with acting — you do these things to look right on stage but then you have to exist outside of that! I'm still friends with both of these guys (Julia Mercier and Curtis Herzschel)."

FILE PHOTO



Spring, 2013 — MCing the Mercedes Benz Fashion Show during the Saskatoon Fashion and Design Festival

"I was basically standing there in my underwear and that skirt waiting for the model to come off the stage. Then we ripped (the skirt) off her and put it on me and I went out to MC."

BRIDGES PHOTO BY MICHELLE BERG



2012 — LUGO at the Mendel Art Gallery

"I had to be there early because I was practicing a scene I was performing. Someone had given me this drink. Michelle (Bridges photographer) was there and I said, 'Take a picture as it looks like I'm the last man standing.' But it was actually before anybody showed up."

BRIDGES PHOTO BY MICHELLE BERG



January, 2013 — Swinging with the Stars

"It was a lot of work — I'm not a professional dancer. I have no dance training. I have no rhythm, but I had an amazing time. I had a lot of fun. Stupid! Lisa Outton was so awesome and I went right after her. You can put that in there."

PHOTO COURTESY SWINGING WITH THE STARS

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

* SASKATCHEWAN'S BEST SPACES

The Force is with tattoo-shop owner

By Andrew Matto

WHO? Tony Oh

WHAT? In The Flash, a custom tattoo shop that opened seven years ago

WHERE? In The Flash moved to a new location in February after a fire and people who moved out of the space at 1320 St. John St.

WHY? Oh wanted to make sure the decor of his shop reflected his passions on creativity and style. Since the tattoo that used the shop he has installed new lighting and high end floors, all Oh was left with was to paint and decorate.

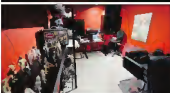
"Whenever I move into a new space, whether it's a house or a business, I look at the whole map of the place and how it feels on the inside and the outside," he said. "I usually keep things pretty consistent. My bedrooms is all red and black and my shops and end back. Those are the colours we just feel most comfortable with."

Oh also wanted the shop to look professional and above all sanitary.

"When someone walks into a tattoo shop, it's important that they think it's cool. And there are some places where you walk in and say, 'Do I want to touch anything in here?' I don't want that."

HOW? With the help of friends, Oh did all the decorating and painting himself. He also bartered for other help and furnishings. "I have a lot of clients and I have a lot of friends who were willing to trade. So the dollar amount isn't that high but the value of what I was able to do is worth a lot of money."

The hunt was on for items to complete the space, such as getting a magazine rack from Ikea for the waiting room and buying a record from Capitol Records. Waiting-room chairs and a coffee table were purchased at Jysk. The shop has plenty of custom shopwears including a custom painted bag or a wall, a guitar Oh used from his days as a member of local rock band Legacy Plan and left made of laser-cut sheet metal in the shape of skulls. There is also a custom In The Flash sign on-site with the help of a friend who works at an autobody shop.



SPACES



"It turned out really cool but it is basically a piece of wood that we cut and painted," Oh said. There are also plenty of masks. "I'm not sure why I like masks. But I do." And an oversized mirror gets a lot of use by clients. "It's probably the most used thing in the shop."

Out the most unique features are the Star Wars-themed toys that hang from walls and sit on shelves.

Formerly a Star Wars fan, he started collecting memorabilia from the movie franchise a few years ago. The items represent a link to his youth as he also acquires items from his father who has his own large collection of Death Vader and Storm Trooper figures.

My dad is slowly dying, he has collection," says Oh, who owned more than a few Star Wars toys as a kid.

"I remember selling my collection at a garage sale. And I regretted it ever since. So I appreciate it more now."

BRIDGES PHOTOS
BY BRYAN SCHLOSSER



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INNOVATION

#CHOO-IT

Oatmeal made with love

By Angelina Irimaci

Craig Campbell is all about making connections — and he's made a lot of them. Sitting with him at a coffee shop is like sitting with a celebrity: everybody knows him, everybody likes him and everybody has tried his oatmeal.

Choo-It was started before Campbell thought of it as a business. In 2005, his mother Sally was diagnosed with breast cancer. He moved home and cared for her mother, along with the rest of his family.

One of his jobs was to look after her meals as he created an oatmeal recipe. He would change up the ingredients depending on how his mom was feeling. In the end, he had perfected the recipe — complete with all natural ingredients like cranberries, almonds, buckwheat and cacao.

The natural sugars, fibers and fats work together to increase energy while curbing hunger. The first ingredient listed is love.

"I have no intention to be depressed or unhappy because that's a charge that has feelings of what is good for your body and I really follow how things affect my body after I've eaten them. I put those thoughts toward the design and recipes I make," Campbell explains.

In 2008, the company morphed into Sally's brand and in January of 2009 she died.

"After she passed away I had this feeling to just keep going with the product," he says. He gave the oatmeal to coffee shops and friends for feedback and criticism. Soon the snack turned into a legacy. He branded the oatmeal as Choo-It: Craig's High Omega Oatmeal and donated proceeds of each sale to the Canadian Breast Cancer Foundation (CBCF). A photo of Sally appears on the back of each bag.

"I always wanted to give back to CBCF because they did so much to help my mom and it's an important thing to me."



Craig Campbell with samples of Choo-It, which he initially developed while caring for his mother. He donates a portion of all proceeds. PHOTOGRAPH BY MICHELLE REISS

...I really follow how things affect my body after I've eaten them. I put those thoughts toward the designs and recipes I make. —Craig Campbell



Choo-it developer Craig Campbell likes to sprinkle it on Greek yogurt. *Illustration photo by MICHELLE BLOIS*

Campbell created two new recipes — baked and hot — that will launch before Christmas. He's introduced all the baking, production and packaging to a local Italian eatery just outside of Saskatoon. The baked product includes blueberries and goes to the University of the Pacific's food bank. The hot product will also go to the CHOP. Proceeds from both — the baked product, but in his second piece — will go to the Mosaic Valley Authority and the Trans Canada Trail Foundation. When it comes to the Mosaic Trail, he says he has no idea if it's real.

"I got to think of — how much time we spend on that trail, how healthy it is (to exercise) and how much meaning it has to me," he says. The two spend lots of time together as Mosaic Trail and Mosaic Trail. He shows pictures of the two it's always them taking or

trading them.

Campbell explains that Choo-it can be enjoyed in a variety of ways, as a cold or hot cereal and as a snack. In some, a few. His favorite is on top of Greek yogurt, mostly because he's not a big fan of a people collage.

His biggest hope is that his products help people lead a healthy lifestyle and encourage people to take the trip if they don't already know as healthy eating. If Choo-it is the first step for people to start a healthy lifestyle, he'd be happy. Plus, he's getting to share his own's legacy with the community.

"It makes me feel like I'm with me every day," he says with tears in his eyes.

www.thecanadiancouncil.ca/800703

New Barber Shop Now Open

There's a new shop in town, where guys of all ages can come for a haircut, hot shave or facial grooming. Tommy Gun's is open at Miller Crossing. This is not your typical barbershop your dad or uncle knew from yesterday. Tommy Gun's has blended the traditional with some very cool modern perks. For instance, no appointments required, just use the automated self-check-in that tells you when it's time for your service and while you wait there are video for surfing, or movie games like Blackboard and Pin Man. Catch the scores on the big screens or watch your favorite channel on the in-room TV during your haircut. Tommy Gun's concept is all about relaxing to music, convenience and a relaxed environment.

Tommy Gun's CEO Jason Volk says, "Saskatoon is a booming market of rapid expansion with a strong economy that we think fits exceptionally well with the Tommy Gun's brand. We are super excited to launch in this province but also to bring our business and be a part of this great community."

We caught up with one of the members of the ownership group, who has personal ties to Saskatoon.



What drew you to the Tommy Gun's franchise?

"We believe it's all about finding the right business model combined with excellent locations and great people. If you can put those elements together you are sure to be successful. Tommy Gun's nails this, plus it's a great fit for the male crowd."

What kind of reaction have you seen to the business concept here?

"Saskatoon is ready for Tommy Gun's and we have heard a lot of hype surrounding our entrance to the market. We can't wait to open our doors and contribute to what Saskatoon is doing, after all Saskatoon Shines!"

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FASHION

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SASKATCHEWAN FASHION

Melissa Normandin: Chic blogess inspired in Paris

By Ashley Martin

Melissa Normandin has worked as an assistant buyer for Queen V for over a year. The job suits the avid shopper — it is basically shopping for a living.

The writer can be said to have new fashion blog: The Girl Society Pages. She is always enjoying telling people about her finds, and with the blog she decided to say it out loud.

GRIT AND GLAMOUR

She launched The Girl Society Pages this summer, posting weekly about style, music and other trends.

"I'm literally talking to myself and putting it on the Internet, and I've received feedback from 80-year-olds. I've received feedback from actual top-name brands (Jasper of Montreal) — which is really big for someone like myself."

FASHION FIRST

"I must have been four and I remember I had two skirts I wanted to choose from... and I won one (minus the torn topography) and one across (the other) was and I remember thinking, 'This is strange, but I'm doing it.' That's probably my earliest memory of being unconventional about how I wear clothes."

PERSPIRATION

"I'm obsessed right now with this picture I found on Pinterest of a girl in just a standard black dress, strappy black heels and she has Nike sport socks on. I'm so down into this."

DAY TO DAY

Normandin's day job is as an executive assistant at the U of R's law center where it's always conventional, but her colleagues support it.

"I really love dressing each day for how I feel and that's not always on, that's sometimes a little bit more casual than really dressed up. They let me be me."

PARIS A LA MODE

Normandin spent a month in Paris in September during Fashion Week, which has inspired many of her recent posts. As with all her travels or "missions" food was top of mind. "Paris (Fashion Week) is really just, meh, only so I know I wasn't going to eat into any shoes... I just hang out, outside and photograph some really beautiful people. And then I went for dessert after."



Melissa Normandin's current fashion obsession? It's a shoe she found on Pinterest of a woman wearing sandals with Nike socks.

Ensemble du jour

- 1. EARRINGS:** The Ray. "I really like clocks and triangles."
- 2. NECKLACE:** Queen V. "It was a birthday present. I like that it's the triangle shape."
- 3. TOP:** Lovers and Rebels from Queen V.
- 4. DUFF BRACELET:** Queen V. "I love this because it's got that triangle shape."
- 5. WRIST BANDS:** Scouted bracelets from Etsy. "I really like Etsy. I like the idea that I know the person that made something that I really enjoy." Vintage Times watch and silver bracelet from her mom.
- 6. PANTS:** Functional sweatpants from Queen V. "I love the idea of a traditionally casual silhouette like a sweatshirt updated that you wear unbuttoned."
- 7. BOOTS:** Caden Klein. "They're an awesome wider boot, which makes it easy to walk in. I bought them from Zos a while ago. I was then in a (blog) post that had been some pictures of them and couldn't stop thinking about them so I had to buy them."
- 8. SOCKS:** Nike socks.

HEADSHOT BY SPAN SCHLOSSER

MUSIC

FOLLOW BRIDGES ONLINE at thestarphoenix.com/bridges or you can follow us on Twitter @bridgesYXE or on facebook.com/BridgesYXE

#MORGAN MAYER

Determination comes naturally for local singer

A busy life is music to the ears to bridge singer Morgan Mayer. Not only is she schedule crisscrossed with her work as a singer-songwriter, she is a member of Aneka at the old Red Oleo With no Makeup and has plans to work with Regina musician Alex Beauregard. Her life is a whirlwind of activity.

To top it off, the 25-year-old works full time as a server at The Bakery. But she loves living a frenetic life because she knows it's what it's about making music, whether or not, her dream to earn a living performing and recording comes true. A two-time member of The Star Phoenix's 1000000 project, which gives artists \$10,000 to help in their dreams, Mayer is excited to put the final touches on her second album. She says she's working on a mature sound, a country-fused folk sound that's different from the punk-inspired pop music that she wrote as a teenager.

By Andrew Keane

"I would love to have a career in music.

Having a career in something you love doing is everybody's dream. But sometimes, it doesn't pay the bills, so it's about sacrificing and doing what you need to do make that dream a reality.

"My last album didn't turn out quite the way I wanted. So I'm looking for a new producer, or I might produce it myself. I'm still not sure what will happen next. I hired musicians and we all sang our hearts out. It was great but there are a few things I want to tweak before I release it to the public.

"When I was going to Campbell Collegiate, I was a choir nerd. When everyone else was partying, I was at choir or doing something with Do It With Class or Sask-Express."

"I'm really excited about seeing the Saskatchewan music industry grow and being a part of it."



*CROSSWORD

NEW YORK TIMES Edited by Will Shortz

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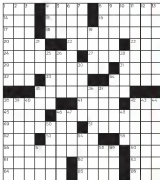


ILLUSTRATION BY BOB DEKOR

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57 ... to (what) is "put in" first?
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*JARRIC CLASSIC SUDOKU

Lewell Brown

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and arrows of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solutions to the crossword puzzle and the Sudoku can be found on Page 31.

The StarPhoenix CHRISTMAS LIGHTS 2013

Do you have an amazing Christmas light display that would make Clark Griswold jealous?

Do you want to share your light display with the rest of Saskatoon?

If so we want to hear from you!

From now until December 13th, The StarPhoenix is looking for residents to register their light display.

The week prior to Christmas, The StarPhoenix will publish a list of addresses that you can view as self-guided tour.

To be part of The StarPhoenix Christmas Lights 2013, please email the below information to:

citydesk@thestarphoenix.com

1. Your name and phone number
2. The address of your light display
3. A short description
4. Digital photo of your display

HAPPY HOLIDAYS

and watch The StarPhoenix for the 2013 Christmas Lights Listing!

EVENTS

Broadway Spirit of Christmas

Dec. 7, 12 p.m. to 4 p.m., on Broadway Avenue. Santa and Mrs. Claus will be walking up and down Broadway Avenue with coupons and gift certificates for shoppers. The Gregorian Singers will be leading Christmas caroling, starting at the Little Stone Stage every hour.

A Kitchissippi Christmas

Dec. 7, 7:30 p.m., at Knox United Church. A singing troupe of 36 young men. Tickets at McNally Robinson or at the door. Donations will be accepted for Shalom Retreat Centre.

Holiday Gospel Symphony

Dec. 7, 7:30 p.m., at TCU Place. Saskatoon Symphony Orchestra's holiday concert featuring The Refraire Choir. With choral director Floyd Collins Jr., MC, Lesha Gribble, Santa and Mrs. Claus. Live brass instrumental choir and a holiday market.

Second Annual XXXmas Spectacular

Dec. 7, 8 p.m., at Five Mile Dancer Centre, 334 25th St. W. Presented by The Rosebud Barbecue Club. A classic burlesque show for the holiday season.

A Pioneer Gathering at the Manor

Dec. 8, 1 p.m. to 4:30 p.m., at the Manor Residence, 326 1st St. E. The historic Manor Residence will be decorated for the holidays. With seasonal music and refreshments.

Volunteer Christmas Carolers Christmas Concert

Dec. 8 p.m., at the Berman Cultural Centre, 500 Cartwright St. With the Canadian Brass Band. Coffee and cake will be served after the concert.

Saskatoon Choral Society

Dec. 8, 2:30 p.m., at Grace Westminster United Church, 305 10th St. E. Their fall concert. A luncheon follows the performance.

Handel's Messiah

Dec. 8, 2:30 p.m., at Deaneham Memorial Church in Deaneham. Featuring Station Singers of Northern and Prairie Provinces Choral Ensemble. With soloists Barbara Milner, Lisa Homing, Robert Dick and Matthew Pavia. Call 306-232-5332.

Geillon Singers

Dec. 8, 3 p.m., at Zion Lutheran Church. A concert of seasonal church music and a silent auction. Visit www.geillonsingers.ca.

The House Carole

Dec. 8, 10:30 a.m., at TCU Place. A national tour raising funds and awareness for Canada's hungry. Featuring Tom Jackson, George Canyon, One More Girl, Beverly B. Mahood and Shannon Day.

Two-Part Annual Memorial

Part of National Day of Remembrance and Action on Violence Against Women: Dec. 6, 12 p.m., at Civic Square outside City Hall. Speeches, flag lowering and an artistic demonstration to commemorate the 1919 Polytechnic Massacre in Montreal. On Dec. 8, 3 p.m., at the STN Carleton at the U of S. A vigil for the women who were murdered, followed by a panel discussion with various community members who are all involved in working toward violence against women.

Orpheus 90 Chorus

Dec. 9, 7 p.m., at the Centre Senior Citizens Centre, 614 11th St. E. Sing and shared meals and Christmas sing-alongs from a group of seniors who love to sing. Refreshments will follow. Donations welcome to the Saskatoon Arm's Christmas Campaign.



John Hudson of Charles Dickens in A Christmas Carol showing at the Manor Residence on Dec. 4. 800-665-8457. RALF HOFF

The Store of Christmas

Dec. 10, 8 p.m., at Forest Grove Community Church, 502 Webster St. Presented by Maple City Chorus. With SambaBonn brass ensemble. Admission: General and Maple City members Acquired Tickets and 4 Sun!

Together in Faith and Action

Dec. 10-11, 7:30 a.m., at TCU Place. The 46th Annual Nights of Colours musical festival. With members of communities St. Knight John N. Staretski.

\$100 Billions Enriched Pan-ethnic Holiday Light Tour

Until Jan. 8, 5:30 p.m. to 10 p.m., at The Saskatoon Forestry Farm Park & Zoo. The drive-through Christmas display celebrates its 15th anniversary. Parks issued support of the Saskatoon Zoo Foundation.

tion and the Saskatoon City Hospital Foundation.

THEATRE**A Christmas Carol**

Dec. 4, 7:30 p.m., at the Manor Residence, 326 1st St. E. Actor John Hudson performs A Christmas Carol. With desert and musical entertainment after the performance.

Amie

Dec. 4-6, 7 p.m., at Holy Cross High School. The tale of Little Orphan Annie is a musical for all ages. Call 306-659-8222.

These Crazy Ladies in the House on the Corner

Dec. 4-7, dinner at 6 p.m., show at 7:30 p.m., at Mayfair United Church, 102 33rd St. W. A comedy by Ted Cook.

directed by Dennis Beering.

Presented by Maybee Productions.

Nurse Jean moves in with three elderly sisters and two thin-ankled perches, putting parks and peeing in the time. Then their nephew arrives to settle the house, with Christmas just around the corner. Call 306-372-8446.

Engelbert Humperdinck's

Havel and David

Dec. 3-7, 7 p.m., at Broadway Theatre. Presented by Little Opera on the Prairie Inc.

Fun For Your Wife

Dec. 1-8 p.m., and Dec. 8, 2 p.m., at the Refinery Theatre by Ray Cooney. Presented by Magdalena Theatre. A comedy where mistaken identities, snow-dressing and slapstick are all in a day's work.

Milkshin: The Gift

Runs to Dec. 8, nightly at 8 p.m., weekdays at 1 p.m., and Sundays at 2 p.m., at Studio 514, 214 29th St. W. The world premiere of a new chapter in the first Christmas story series. Julia Menosie is exorcising her youngest grandson. Knowing his affinity for superheroes, she asks out to buy him the best Christmas gift ever. Meanwhile, she has been in the hospital, having been accidentally struck by a snow blower.

The Man Who Went to the Sun

Runs to Dec. 10, Tuesdays to Sundays, at the Sun Playhouse. Written by Pat Cook. A small town police station gets a couple of unexpected visitors one Christmas Eve. The first, an unknown Santa who seems to know all about them; the second, a "big city" police inspector who can make a federal case out of a parking ticket. Visit www.sunplayhouse.com.

Ruth, Hunkles

Runs to Dec. 13, Thursdays to Sundays, at Denning Sky Theatre in Inebriation. Performed by the Prairie Pulse Company. A comic twist of Charles Dickens's A Christmas Carol, set in the mythical small town of Inebriation world of cake, the Wileys Springs, Marty St. Grange, Fred, and many talking chickens. Visit denning-skytheatre.com.

The Black Boxcar of Willie MacCrimmon

Runs to Dec. 13, 8 p.m., at Prairiephone Theatre. With actresses Sunday and Deidra at 2 p.m. Written by WCO. Mitchell. A small town shoe-maker and avid carter will do anything to win the first, including making a deal with the devil.

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#ANGELAFERRIKS

Survivor's 'lighthearted read' about brain tumour



Angela Ferriks — author of *Cranium Crisis*

It all started when I decided to attend some workshops with writer-in-residence Alice Kapers I worked with. Alice, and she encouraged me to "get the words on the page." I originally started writing a fiction book, but decided to set that manuscript aside.

Suddenly I felt compelled to write an authentic story and I believe it's a story worth telling. I journal about my thoughts and experiences on a newly released book entitled *Cranium Crisis*, published by Word Alive Press in Winnipeg.

Readers will enjoy the book because they will be in my company as I tell about my journey with a brain tumour diagnosis, asymptomatic seizures, a life-threatening operation

and recovery.

It's a lighthearted read. I used a mix of hope, faith and humour to cope during a very trying time in my life. Hopefully my words will make people appreciate their fortunate good health. I want to encourage anyone facing a difficult or uncertain crisis in their life to never give up hope. My husband and I along with my tumour, climbed Grasse Mountain — so anything is possible. We collected pledges and raised money for the Brain Tumour Foundation of Canada.

It's an intriguing story shared by a brain tumour survivor, with photos in the middle. I feel like I've been given a second chance at life. I felt compelled to write about my

personal journey, but included other concepts, as the book isn't strictly health-related. Other members have been included.

I'm a first time author. I was born and raised in Weyburn, but now live in Saskatoon with my husband. I operate my own mail service. It's very gratifying to see my book on the bookstore shelves, lying on my clients' nightstands and knowing it's in the hands of family and friends.

The book is available in Saskatoon at Indigo and McNally Robinson Bookstores, as well as online through Chapters/Indigo, Amazon.com or also eBook formats are for sale on Amazon Kindle, Apple iBook, Sony eBook and Chapters/Indigo iBooks.



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December 8 at 2 p.m. Malika Selami
Singer/songwriter and multi-lingual. Malika Selami performs love songs.

December 15 at 2 p.m. Storyteller Judith Beninger
Join Judith for stories inspired by the season.

December 22, 23 to 4 p.m. Cards for the Holidays
Celebrate the joyful holiday season by constructing accordion cards.

December 29, 2 to 4 p.m. New Year Musical Shakers
Shake, Rattle and Ring in the New Year with Musical Shakers.

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—Gwen Paul (owner)

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SHARPEATS

See a food trend you think deserves a highlight in Bridges? Email bridges@thestarphoenix.com or visit Bridges on Facebook

GOLD MEDAL PLATES

Gold medal dishes elevate cooking to an art

By Jenn Sharp

The winners of Gold Medal Plates proved that cooking is much more than providing sustenance. This is cooking elevated to an art.

The winners brought out the best flavours in their chosen wine through a special food pairing. To top it all, their dishes would fit right in at any art gallery. Nothing was placed on these plates on a whim. Every element, from a finer point to a delicate garnish, was thoughtfully planned and carefully executed.

The regional Gold Medal Plates competition for Saskatchewan were held in November. The winners go on to Kelowna, B.C., in February for the Canada-wide Culinary Championships where the winning chefs from nine other provinces compete.

Trevor Robertson brought home the gold in the Saskatoon field at Saskatoon with a duck of blossomy duck, blue grass and truffle puree, topped with duck prosciutto. Served cold, it was certainly one of the most unique dishes that night.

Ministry is the best eating duck due to its low fat, unique flavour and fine texture. Five Vine Farms brought the ducks in and raised them specifically for Robertson's dish.

Since the ducks were raised as corn, Robertson wanted to pair the whole dish with Saskatchewan corn. The corn was grown near Rosthern. One of the birds, it was paired with bacon. Then Robertson's team began to experiment.

Adopted corn paper became nature was turned into paper that earned an eagle score corn dinner. A filling of smoked corn, parmesan, and corn cream puree, made from the corn juice, were just a few of the other corn elements.

A brining herb gastrique provided a bit of acid that balanced the creamy corn flavours and the meat's richness.

A unique element that stood out for head judge and national culinary scholar James Chitto was Robertson's use of only half the plate. "In a most visually dramatic way" the decision to do this wasn't Robertson's alone. The morning of the competition he asked his team to plate the dish the way they saw it.

From there the final artists version emerged.

Jonathan Thomsberger of Corner Kitchen + Wine Bar brought home the gold in Regina with his rabbit ballotine, featuring sweet raised by Regina's Peak Farms.

While rabbit is common in Quebec and larger cities, that's not the case in Saskatchewan. Thomsberger wanted to elevate its profile locally.

"I think rabbit is a very underutilized protein in these parts and for that reason it gets to be kind of capturing when it shouldn't be. When rabbit is done well, it's delicious," he says.

The dish was built around his chosen wine. Pioneer Cellars 2010 Two Hoops, some of the best in the Okanagan according to Thomsberger. He paired it seamlessly with the rabbit.

"Ultimately, when you're being judged on wine pairings, what's in the bottle is up to the bottle. The dish can be altered to fit with that. It's easier to work around the wine and start pulling flavours from that."

His colourful dish was topped with native flowers from his garden and a "thoughtfully prepared" rabbit stock infused butter, wrote Chitto in his blog at www.jonathanthoms.com. The butter was chef's way of working the rabbit protein into the grilled bread. And the grill on the bread highlighted the oak in the wine.

"Everything was about balance and pulling the right components into each other," explains Thomsberger.

Now, it's time for both chefs to taste their dishes before the show, which will include reworking their original dish for the people and a final live competition with registry ingredients. For the final day of competition chefs are given a list of wine and a limited list of ingredients, most source food to match the wine in time to serve a guest menu that night at the gala dinner.

After hitting the table, placed third at last year's culinary championships, representing Saskatchewan is on Canada's culinary frontlines. I have no doubt this year's competition will make our grower proud. Here's wishing you both the best of luck.



SASKATOON GOLD MEDAL PLATE WINNERS:

GOLD: Trevor Robertson, Backdoor Hotel

SILVER: Mae Luk, Western Concessions

Bronze: Mike McKeown, Prime Harvest Cafe

Trevor Robertson's winning dish at the Saskatoon Gold Medal Plates featured an artistic combination of duck and corn elements. A corn gelatin, corn butter sauce and corn paper were all featured alongside the blossomy duck and blue grass. (Photo courtesy of Trevor Robertson)

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McElroy invites a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to stephanie@stephanie-mc.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Andrew Pitpernyhova. Thanks to everyone who submitted entries!



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ASK ELLIE

Good 'friend' is just stringing love-struck guy along

Q. I've known this girl for over a year. She was in a relationship with my fraternal brother. Before they became serious, she and I had a weekend together where, unexpectedly, things happened. When her boyfriend came into the picture, I stayed away but he stopped speaking to me. Since September, she and I are inseparable again in best friends.

She's never said I want it to be more. She's said the same. But now she's feeling around with some one else guy because she doesn't want to risk what we have.

I've never met someone who understands me so completely. She's told me she doesn't think she deserves to be happy. She knows I'll make each other completely happy but for what ever reason, she was I older it.

A. Really chick. She's kicking doubt/leak. She may be a good friend, as so understanding friend, but she also knows how to keep you hopeful with her's with others.

The "I don't deserve happiness"

Ask Ellie



love women, "not with you, not now."

There may be reasons—baggins from the past—or not. Or, she's just not into romance with you. Decide if you can handle a close friendship where you're being kept at arm's length physically. If not, take some distance.

Q. My boyfriend of four months is an basic-braking me as a man, so there's no phone or personal contact unless through a letter.

It's halfway through and sometimes I can't remember him—what he smells like, looks like, his laugh. I don't want to forget because I like him a lot.

Everyone's saying we probably aren't meant to be, and it just makes me sad. I hate when people say we're too young to know what we're doing. I'm soon 20 and I just don't believe that.

I need some hope back.

Missing Him

A. No one knows whether you're "meant for each other." Only time will tell. But even if 30 loving and trusting someone can feel powerful, especially when there's forced sexiness. Add to that the drama of his being in trouble for the summer, and it's no wonder your emotions are strong.

Four months isn't a long relationship, so it's also no surprise that your senses haven't memorized everything about him.

Meanwhile, he undoubtedly misses you too. The best ongoing connection is through letters of encouragement and support to him.

Q. My 18-year-old stepson eats and eats, and never gets full. He can eat 10 slices of pizza and want more. I have to serve all this food; otherwise he'll

take a portion for three people.

If he asks for lunch, I have to serve it, but he actually cleans out the fridge. What should I do?

Constant Server

A. Stop serving him. He's not a child, rather a hungry teenager going through a fairly common pattern for boys.

Unless you suspect a new medical problem (like gum or insulin weight), this is likely matching the energy he puts out just growing and developing.

Set up fridge coolers that are "fun" with sliced meats, cheeses, breads. For example, as he can make himself sandwiches. Mark clearly these leftovers that are designated for a next meal for the family so he knows what NOT to eat.

Buy the craviness you know of healthy snacks (may snack) and let him be shop with you weekly to do heavy lifting.

My own stepson cleared the fridge at that age. I now have one that he's on duty on his own.

Q. A couple in their late 60s, married over 50 years, have never gone out without the other since they met in late adolescence. They've successfully moved three offspring and often helped their grandchildren.

Even when together they don't even have annual town beyond attending concerts, a cruise and visits to their children's homes.

He refers to her as "my wife" even when she's sitting beside him.

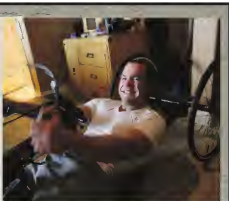
It's strange to me to never go anywhere around town and never go ANYWHERE without the same person always by my side.

Observer

A. Call it constant attachment, constant love. But don't judge. The partner may love being called "my wife." It's a bond they made and have shared for more years than many who need more colorful situations.

Concerts, cruises and grandkids can be a full enough life in their 60s. The fact that the rest of your lives is of no significance. Appreciate them as their own merit.

Next week in
BRIDGES
Julian Nahachewsky
overcame one
of life's greatest
obstacles



GARDENING

#NORFOLK ISLAND PINES

Going green for Christmas and beyond

By Erl Svendsen

Although many of its 1,800 residents trace their origins to Australia's penal colonies, Norfolk Island today is a peaceful farming community, lying 1,950 kilometers east of Australia. Its chief claim to fame is the Norfolk Island pine (*Niddermannia heterophylla*); it resembles a spruce, is called a pine, but is actually neither. It's an evergreen in either belonging to a tropical and subtropical genus found throughout the South Pacific.

With the lack of a traditional Christmas tree, Norfolk Island pines are found in garden centers and other retail outlets, especially at this time of year. A live potted specimen, they make an excellent alternative to a cut tree, and our resource their role as a houseplant once "the season" is over.

The short, slightly curved, needle-like green needles on every and densely along woody stems. Branches are held straight out or slightly upward-pointing from the main trunk, but the paired side branches, along the main branches, may be slightly weeping or drooping, especially when grown indoors. The tree is very symmetrical, forming a triangle when viewed from the side and a snowy pointed star from the top looking to its other common name, "star pine."

In its native habitat, Norfolk Island pines reach 50 feet; but northern in Canada and only a few places in the United States, reaching to maturity from outdoors to maturity from outdoors. However, most of the potted Norfolk Island pines are grown for the houseplant market; they are easily dom-

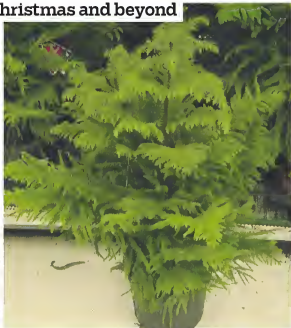
aged by occasional frosts and slight drought. In winter, before it's new growth with a somewhat weak trunk, often requiring support once it's over 20 — perhaps a good time to start fresh.

When determining ideal growing conditions for a houseplant, it's useful to look to its native outdoor environment for clues. "Subtropical" means short-term temperatures. Norfolk Island pines cannot tolerate chilling or freezing, so keep them away from cold drafts from doors or windows. Also, maximize the time and protect them during transport from store to home.

Originating from a small island suggests a preference for high humidity and dependable moisture, particularly during the winter when our guests' homes are so dry. Additional moisture from humidifiers or aquariums, or by placing the pot in a gravel tray filled with water (ensuring the bottom of the pot is not in contact with water) is beneficial. "Adapted to sand" means they require well-draining potting media. Water regularly to maintain a moist but not soggy substrate, taking care not to let the soil dry out completely.

Well-draining soil also implies that it does not require a great deal of nutrients to grow well. Translating, apply a half strength, all-purpose houseplant fertilizer (20-20-20) — approximately monthly. Finally, this is a tree that is full sunlight in its native habitat. Provide lots of light in a south facing window during winter, and bright, indirect light in summer. Remember to turn the plant occasionally to maintain a uniform shape.

If you decide to decorate your Norfolk Island pine for Christmas, use LED lights



A Norfolk Island Pine needs a tropical environment to thrive. For decorating, use LED (low heat emitting) lights. PHOTO COURTESY FR. SUNDEN.

They give off very little heat that would otherwise dry the branches out, and they use very little energy, benefiting the environment and your

power bill. Moreover, other decorations to avoid during the winter branch tips and shading the leaves. Sometimes, this is more. Below

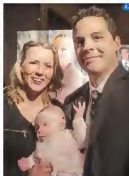
the advice from Coco Chanel, 19th Century fashion never. When decorating always take off the last thing you put on.

This column is provided courtesy of the Southwestern Portland Society. Write and publish at: Arboretum@psnw.org

ON THE SCENE

View more On the Scene photos
at [Facebook.com/BridgesYXE](https://www.facebook.com/BridgesYXE).

UNITED WAY DINNER DATE 2013



ON THE SCENE

UNITED WAY DINNER DATE 2013



The United Way Dinner Date 2013 was held in TCU Place's Grand Salon on Nov. 27. Each year a couple is honoured and their leadership in the community acknowledged. This year's honorees were Shelley and Murray Brown, who have supported and contributed to Saskatoon in numerous ways over the years. The evenings theme focused on the Browns' formula for success by balancing career, travel, family and hobbies with community involvement.

Dinner Date is also a major contributor for the United Way's Community Campaign goal, which is set at \$5.5 million this year. This year's event, presented by DeLoraine, raised over \$260,000 for that goal. Individuals and companies in Saskatoon are encouraged to support the United Way and its agencies through Dinner Date contributions. Since Dinner Date's inception in 2006, over \$2 million has been raised.

The United Way of Saskatoon and Area

works to address complex social issues by investing in and supporting a large network of social agencies, programs and services.

1. Christine Robyn, Shawn Roches: Michelle Cusky, Dr. Jerry Beaman and John Hyshka from Phenomenon Discoveries
2. Erin and Justin Bussiere with baby Anna
3. Bill and Eleanor Edwards and Ken Holland
4. Craig Armstrong, Jentry Greyeyes and Mandy Hender
5. Noreen Kacher and Shelley Zhai
6. Tracy Arno and Linda Simons
7. Myra Poter and Mary Jane Waugh
8. Guests of honour Murray and Shelley Brown

BRIDGES PHOTOS
BY RICHARD MARJAN

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area just my backdoor with your family and friends and enjoy some time away from the city. Gonna be a really Nature Activity Meet-Part and take a trip... Nature and/or!

Queen what kids? You can send your questions to me at the address below

Dear CUBS,
I found a yellow jacket wasp and thought it was dead. I brought it inside and it started crawling around? Do all wasps hibernate and how the hell? Being able

Not all yellow jackets have the ability, only the new queens. At the end of summer all of the yellow jacket nests will start producing new queens and male drones (reproductive male wasps). There is recognition of relation within the same nest so females will travel to mate with males from different nests. Once the cold weather arrives the new queens will find a place to spend the winter and the others will die off. When you found your queen, she probably had her wings tucked in nicely under her abdomen, protected for winter hibernation. The queen begins to change so that she can enter into what scientists call "supercooling". In this state ice cannot form inside her... if it could, she would not survive. Once spring arrives, she begins a small nest, lays her eggs and cares for her brood until they mature. These workers will take over the care of the nest while the queen focuses on laying eggs. That, my friend, is the quick story of the wasp you found. She needs a cold and safe space to spend the winter.

Send your questions to me at the address below, then watch bridges for the answers. Your pal Chip

41000 Lumber Avenue South
1/2 mile S. Highway #220
Beaver Creek, Ontario
Box 1, R1M 2Y5, 416-291-1111
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The Baby ...the Babies of 2013!



The StarPhoenix annual tradition featuring babies born during the past year will be published on Saturday, January 4th, 2014. This feature will also be posted online at thestarphoenix.com for all your family and friends to access. This feature has proven to be a favorite of our readers and a great keepsake. You can be one of the proud parents or grandparents to announce the newest member of your family.



Kyla Cherie
Shepard
Born July 9,
2012
6lbs 16 oz
20.5" long

Daughter of
Colleen &
Paul Shepard

Baby sister to Karen, Dawn & Kelly
Proud grandparents
are Sue & Maurice Shepard
She is our bundle of joy!

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baby on the
cover in colour
for only \$85 +gst
(only 12 spots available)

New!

Early Bird Deadline: Friday, November 29, 2013
Regular Size: \$30 +gst/ Double Size: \$37 +gst
Include your photo in order for only \$10, insert

After Early Bird Deadline:
Regular Size: \$40 +gst/ Double Size: \$47 +gst
Include your photo in order for only \$10, insert

Final Deadline: Monday, December 16, 2013



Complete the attached form, include a large, clear picture of your baby and prepayment of your announcement to:

The StarPhoenix Babies of 2013
Attn: Monique Classified Advertising, 204 5th Ave. N Saskatoon, SK S7K 2P1

Email a large jpeg photo and your wanting to advertising@thestarphoenix.com. Please include your daytime and evening phone number so we can contact you for email card payment.

Or visit us in person at our classified advertising center Mon-Fri. 8:30 - 4:30.
For further information please contact us at: 309-857-6365 or 1-800-667-6740

Final Reading Deadline Monday, December 16, 2013

PLEASE PRINT CLEARLY - Please do not include any photo larger than 1x7
If you would like your photo back, include self addressed stamped envelope

Daytime Phone _____ Home Phone _____
Customer Name _____
Address _____ City _____ Postal Code _____
Email address _____

Select from the following options (only 12 insert page announcements available):

Front Page _____ Regular Size _____ Enhanced Size _____
Color _____ Black & White _____

BABIES NAME (AS IT WILL APPEAR IN PRINT)

Date of Birth: _____ Weight _____ Length _____

Check one for your choice of placing

Printed parents are _____ Son of _____ Daughter of _____

First and Last Name of Parents _____

Or specify alternate wording: "Grandson of Bill and Joan Smith"

If you choose the Front Page or Enhanced Size option please include any additional write up about your baby that you would like included in the announcement

Maximum words for Front Page 30 words Payment Method: ☐ VISA ☐ MC ☐ Amex ☐ Cheque
Enhanced Size 40 words Credit Card Number _____
Single Size 30 words Equity Share (M/F) _____
TOTAL AMOUNT PAID _____

RECIPES

Low-carb, high-flavour quiche



This low-carb Cauliflower Ball Pepper Quiche is cooked in a single skillet. THE ASSOCIATED PRESS

For those nights when you need something lighter, I give you this simple low-carb, high-flavour "quiche" that calls for no grains, no gluten and no heavy lifting.

It has, in short, become my go-to dinner on busy weeknights simply because it is so effort-less. It also happens to be pretty versatile. The whole thing is cooked in a single skillet and requires only a few minutes hands-on time.

Low-carb Cauliflower Ball Pepper Quiche

Be sure to cut your cauliflower florets very small, something between the size of a nickel and quarter is ideal. This ensures they cook quickly and evenly in the skillet.

Start to finish: 30 minutes
Serves 4

- 3 cups small cauliflower florets (about 1 head)
- 1 large red bell pepper, seeded and chopped
- Salt and ground black pepper
- 8 egg whites or 1 1/2 cups pasteurized egg

advice)

- 1 lb. chopped fresh thyme
- 2 cloves garlic, minced
- 1 1/2 cups flat-leaf crumbled feta cheese

1. Heat a large skillet over medium heat. Coat the pan with cooking spray, then add the cauliflower florets and bell pepper, stirring them in an even layer. Season with salt and pepper.
2. Cook without stirring, for 5 minutes. Stir to turn the florets, then let them cook another 5 minutes without moving them. Once the florets are evenly browned, cover the pan and cook another 3 to 4 minutes.

3. In a bowl, mix together the egg whites, thyme and garlic. Pour evenly over the vegetables, then reduce heat to medium-low, cover the pan and cook for 3 minutes.

4. Sprinkle the feta over the quiche, then cover again and cook for another 3 to 4 minutes, or until the eggs are completely cooked. Season with salt and pepper.

The Associated Press

Crossword/Sudoku answers

C	A	W	S	P	E	Y	P	U	S	H	I	T
A	V	E	V	O	V	E	S	P	A	N	A	
R	I	A	S	W	E	D	I	S	H	F	I	S
L	A	S	S	R	A	S	T	E	R	E	P	I
S	T	E	A	M	K	R	O	R	O	D	I	N
J	E	L	L	Y	B	E	A	N	S			
R	D	N		R	O	A	S					
S	I	R	A									
T	W											
P	O	S	T									
F	T	S										
T	O	T										
E	N	L	I	S								
R	E	E	P	E								

5	1	3	4	7	2	8	9	6
9	4	7	8	6	3	1	5	2
6	2	8	1	5	9	3	4	7
4	3	5	2	9	7	6	1	8
8	6	2	5	3	1	4	7	9
1	7	9	6	4	8	5	2	3
2	5	4	7	8	6	9	3	1
3	8	1	9	2	5	7	6	4
7	9	6	3	1	4	2	8	5

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